

Weekend Yoga Adventure with Jaye Martin

May 18 – 20

denton yoga center

531 N. Elm St. — Denton, Texas 76201

www.dentonyogacenter.com

(940) 597-4886



Weekend Schedule

Friday, 5/18 : 6:30–8 pm \$30

New adventures with old friends Focus on Standing Poses

Saturday, 5/19 : 10 am–1 pm \$45

Exploring backbends and arm balances

Saturday, 5/19 : 3–5 pm \$30

Diving deeply into hip openers, twists and forward bends

Sunday, 5/20 : 10 am–1 pm \$45

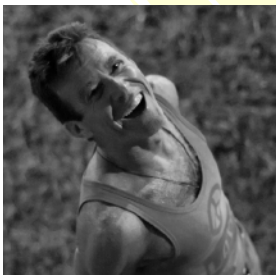
Enjoy a full spectrum of yoga asanas (poses)

with emphasis on moving from the inside out!

There's nothing you have to do and nowhere you have to go!

You can attend one or more individual sessions
or sign up for all 4 sessions and get a \$20 discount!

Cost of full weekend (all 4 sessions): \$130



Jaye Martin (ERYT – RYT 500) is a heartfelt teacher with a life-affirming, exuberant teaching style who generously shares his enthusiasm and spirituality with his students. He began practicing yoga in 1998 after dancing classical ballet professionally for over 10 years, he taught Ashtanga Yoga for 4 years and became certified in Anusara Yoga in 2006. Jaye currently teaches at Garden of the Heart Yoga Center in Sarasota, Florida as well as traveling to teach nationally and abroad. He is also an avid gardener and a founding member and clarinetist in Palms Together kirtan band. Jaye bows with deep humility and gratitude to his teachers past and present.

You can read more about Jaye at www.jayemartinyoga.com

For more information or to register contact Becky
becky@dentonyogacenter.com or 940-597-4886